# SAFETY MESSAGE

# Personal safety is our # 1 priority



# Lightning, Compiled by USDA-APHIS-CCEP

### Thunderstorm danger signs:

- Dark or threatening clouds.
- Distant lightning and thunder.

#### **Facts about lightening:**

- Because light travels much faster than sound, lightning flashes can bee seen long before the thunder is heard.
- Estimate the number of miles you are from a thunderstorm by counting the number of seconds between a flash of lightning and the next clap of thunder.

#### If outdoors:

• Attempt to find shelter.

### If unable to find shelter do the following!

## **Lightning strike pose:**

- Crouch down so that all your weight is on the balls of your feet.
- Place your hands over your ears.

If you are in a vehicle, pull over to the side of the road safely, and simply place your hands across your lap.